



WHITEBOARD – Importance of Self-Discipline

Without the required understanding of discipline for your own *Self Care* and *Maintenance* of your body, we go through the process of TERMINATION which means any progress gained through the time of effort will eventually DE-TRAIN (Losing ability, strength, muscle mass and motivation).

Some of the Generalized Disciplines

Self-Discipline – Ability to ‘self-motivate’ ones self to accomplish difficult tasks, or to know when to take a break. We may only learn Self Discipline after a period of time
(*Consequences of (in)action*)

Moderation – Ability to limit repetitive behaviour so we do not do too much of the same task (over-work)

Consistency – Ability to maintain a form of repetitive behaviour (In healthy doses) to see progression

Resilience – Your ability to overcome personal (or professional) barriers to become stronger, confident

Habit – Creating a type of habit that allows for positive (and / or negative) progression (or regression)

Positive and Negative Discipline – Understanding the difference between the requirement for penalty or the ability to provide a reward in the event of a positive stimuli

Maintaining ADLs (Basic Movements) – Moving in our everyday life is extremely important to keep our bodies healthy, happy, mobile and able. Understanding the required **balance** in our Daily Activities is necessary for self-care.

Balancing out Diet / Hydration Needs – Diet and Hydration are both EQUALLY as important – Understanding how to balance them out prospectively based on your unique dietary needs is a must!

Balancing our Required Functional Exercises in our Routines and Life – Program Planning is to plan out your exercise regime, while Periodization is to plan your program specific details that work within your plan. This is ensure you see the results you want based on your understanding.

Sidelining – Failing to involve certain / all pertaining parties... So avoiding People / Responsibilities!!

Natural Consequences – Karma! Or the regrettable after-effects of consistent (possibly wrongful) (in)action if we do not take care of ourselves, no one else will; *We will fall apart!*

Rules, Laws and Cultural Standards – All societies have laws that they abide by, and its in itself an aspect of DISCIPLINE to follow those principles... sometimes loosely (depends where)

Other Examples of Practicing Discipline:



WHITEBOARD – Importance of Self-Discipline pt. 2

The requirements of discipline (specific to whatever we may be talking about, such as exercise, eating, working on the computer, etc) exists to give us the necessary fundamental groundwork for understanding and encouraging healthier practices while taking better care of our own well being.

Accumulated stress over a specific (range of) amount of time, and the required amount of time necessary to cope with that accumulated stress (rest, maintenance) will depend greatly on the work done (intensity, frequency, type), the amount of time NOT resting (causing damage), our AGE and the activities we perform in our Activities of Daily Living (ADL's) that are unique to us.

Rules of Exercise

1. Always use proper form, technique and control (speed, tempo) for each specified practice. These considerations change with each unique style of practice.
2. Exercise your body as a whole (unless prescribed differently); don't leave any part of your body out of your exercise program as that can lead to specific over-training and muscle imbalances (pulling / straining / pain / uncertain feeling).
3. Always stretch BEFORE (Dynamic) and AFTER (Static) an exercise (unless prescribed differently).
4. Your training frequency and intensity (effort) will differ from time to time (**phases of periodization**), and from other people's unique practice style.
5. REST your body every 1 to 3 (sometimes 4 to 5) days of consistent work, PLUS a long-term rest after 5-15 weeks (This will depend on intensity (effort)/frequency).
6. If you feel pain when you are exercising... STOP, REST and RE-EVALUATE!
7. Don't be afraid of variety in your routine. Exercising different angles of your muscles (prone / supine / neutral hand grip, incline / flat / decline push, high / mid / low pull) will target different portions of the specific muscle and is NECESSARY for symmetry of our muscular system.
8. While rule #7 is important, consistent practice (consistency) is important to create actual ability and strength in our specific practice(s). This is where **moderation** of our practice comes in, so we have enough REST to COPE with the stress of what we are improving on, but ensuring we switch things often enough to have balance.
9. Looking at rule #2 again, while exercising BIG muscles are important, also remember to train SMALL muscle groups as well (Wrist flexors, rotator cuffs, tibialis anterior (shin muscle), hip ad/abductors).. also, Compound vs. Isolation
10. Exercise can be light / moderate / intense.... but try to **HAVE FUN WITH IT!**